

APPLICATION FOR UNITED STATES PATENT

OF

5

DAWNN ALANE

FOR

10

YOGA/EXERCISE MAT

15

TO WHOM IT MAY CONCERN:

Be it known that I, DAWNN ALANE, a citizen of the United
20 States of America, and a resident of the County of Los
Angeles, State of California, have invented certain new and
useful improvements in YOGA/EXERCISE MAT, and I do hereby
declare the following to be a full, clear and exact
description of the invention, as described and claimed in the
25 following specification.

This is a continuation-in-part of my co-pending application 10/245,570, filed October 17, 2002.

30

BACKGROUND OF THE INVENTION

Yoga is and has always been a popular practice for many people. Today it has become even more popular and is practiced by millions of people in the United States alone
35 (Time Magazine 2001). People attending yoga classes bring their own yoga mats since a person must have a yoga mat to practice yoga. Most persons have great difficulty in carrying their yoga mats because mats need to be rolled up. Yoga mats are awkward in size and shape so they are usually
40 carried under the armpit. Yoga students attending classes also carry their personal belongings, purses, backpacks, keys, towels, books, computers, etc. and it is quite difficult for them to keep their yoga mats rolled up tightly enough to stay under their arms without the mats sliding down
45 and eventually unrolling and falling to the ground.

While yoga backpacks and carry bags do exist, they are too much trouble, because a person has to carefully fold and unfold the yoga mat just to get it in and out of the backpack or bag. In addition, the yoga mat becomes odor filled and
50 moldy, from perspiration, dirty yoga room floors and body odor. Then, after a yoga class, stuffing this mat into a

carry bag to be stored, does not allow fresh air to clear the odor. The yoga mat of this invention is simple, quick and easy to roll up and carry and to roll out for class.

55 In my prior application I described a yoga mat manufactured from a single piece of material in which the securing straps were an integral part of the original part of the material. While that method of manufacture of my yoga mat has certain advantages, another method of manufacture and
60 assembly of the yoga mat has other and different advantages.

BRIEF SUMMARY OF THE INVENTION

Applicant's invention comprises a yoga mat that is able to be rolled up tightly and then secured, so that it will not
65 unroll, and that also has a shoulder carry strap permanently attached, so that the mat can be carried like a purse, briefcase or bag, with both hands and arms free. The securing straps that close and hold the mat securely rolled up may be made of the same material as the mat or may be made
70 of other materials, trims, knits, or fabrics, and are securely fastened to the mat by a covering attachment strip and sewing. The shoulder strap is positioned between the securing straps and is secured by the covering attachment strip and sewing.

75 The yoga mat of this invention is washable. It easily
rolls and unrolls with two streamlined straps. The straps
circle around the rolled up mat and connect with a hook and
loop fastener (Velcro), or other closure, with just a sweep
of the hand. The shoulder strap enables the user to sling
80 the rolled up mat over his or her shoulder and have both arms
and hands free.

OBJECTS OF THE INVENTION

Accordingly, several objects and advantages of the
85 invention are as follows:

It is an object of the present invention to provide a
yoga mat which is easily and simply rolled up for easy and
effortless carrying and transportation.

Another object of the invention is to provide a yoga mat
90 in which straps are secured to the mat that are used to hold
and keep the mat in its rolled up state.

These, as well as other objects of the invention, will
become obvious from the following description in which:

BRIEF DESCRIPTION OF THE DRAWINGS

Fig. 1 is a perspective view of the rolled up mat; and
Fig. 2 is an exploded view of the mat and straps.

DETAILED DESCRIPTION OF THE INVENTION

100 Referring now to the drawings, there is shown a rolled up yoga mat 10 comprising an elongated surface area of mat material. Yoga mats are generally rectangular but may come in other shapes and sizes. Two relatively narrow elongated straps 12 and 14 and shoulder carry strap 16 are fixedly
105 attached to one end of yoga mat 10. Shoulder strap 16 is affixed between straps 12 and 14.

At the ends of straps 12 and 14 are affixed means to hold yoga mat 10 in the rolled up position. These are hook and loop fasteners 18 and 20 which connect to opposite hook
110 and loop fasteners 22 and 24. As can be seen, fasteners 18 and 20 are on one side and one end of each strap 12 and 14 and fasteners 22 and 24 are near the opposite end of each strap, 12 and 14 (but not at the end) and on the opposite side of each strap, so that they can lock together when they
115 encircle the rolled up mat, as shown in Fig. 1. A portion of the end of each strap 26, 28 comprises an end tab, used to attach the straps 12, 24 to mat 10. While two straps are shown and are sufficient, a plurality of straps, such as three or four straps could be used if desired.

120 As shown more clearly in Fig. 1, when yoga mat 10 is rolled up, straps 12 and 14 encircle the rolled up mat 10 and attach at fasteners 18-22 and 20-24. Other fasteners could

be used, such as buttons, clips, buckles, snaps or ties, however a hook and loop fastener is faster, easier and has
125 some degree of adjustment if the mat 10 is not rolled up as tightly, from one time to another.

Straps 12 and 14 hold yoga mat 10 in its rolled up state. A person could carry the rolled up mat by strap 16 or could also throw strap 16 over his or her shoulder and carry
130 mat 10 in that manner, leaving his or her arms and hands free. Strap 16 could be made adjustable in length by the use of hook and loop fasteners, buckles, adjustable straps or other adjustment means.

Straps 12 and 14 and shoulder strap 16 are all affixed
135 to mat 10 by an attachment strip 30. The end tabs 26 and 28 and the ends 32 and 34 of shoulder strap 16 are all placed in position over the edge 35 of mat 10. Attachment strip 30 is placed over the top of the strap ends 26, 28, 32 and 34 and is sewn to mat 10 completely around the periphery of
140 attachment strip 30. The stitching 36 runs completely through the ends 26, 28, 32 and 34 of straps 12, 14 and 16 so that they are fixedly attached to the end of mat 10. Attachment strip 30 is equal in length to the width of the mat 10 to which it is attached, so that it runs completely along the
145 edge 35 of mat 10. Attachment strip 30 may be attached by other means, such as by an adhesive, but sewing is preferred.

Hook and loop fasteners 22 and 24 could extend to the ends of straps 12 and 14 and be attached underneath attachment strap 30. However, a bulge would occur, so that
150 the presence of the end tabs 26 and 28 is preferred.

Yoga mat 10 can be made from any usual substance from which exercise mats are made. The preferred material is a soft polyvinyl chloride, also known as a "closed-cell pvc vinyl" which is available from many catalog companies, yoga
155 studios and stores, including the Hugger Mugger Co. of Salt Lake City, Utah. It is a particularly good material for yoga mats because it has a tacky, non-slick surface, which prevents sliding on the surface of the mat. The mat may also be made of rubber, a rubber-like material or a fabric,
160 preferably a moisture absorbent fabric. Sliding is not acceptable when practicing yoga, especially based on the amount of perspiration created in a hot yoga room. Yoga rooms are required to be kept at a relatively warm temperature to allow a person's body to get warm quickly and be flexible and
165 strong for yoga postures.

A yoga mat manufactured as described herein, will last for years. It is durable, comfortable, completely washable, and the straps will never come loose. No sports bag, backpack, harness, other carry bag or other accessories are
170 needed to transport the yoga mat.